

Encyclopedia of Prohibited Eatables and Drinks in Islam and Modern Science

Introduction:

Islam provides complete guidance regarding what is lawful (Halal) and unlawful (Haram) for consumption. The Qur'an and Hadith clearly prohibit certain foods and drinks because they are harmful to the body, mind, and soul. Modern science supports these teachings, showing that many of the prohibited items are dangerous to human health. Following Islamic dietary laws ensures physical well-being, spiritual purity, and moral discipline.

Main Principle of Halal and Haram:

Allah says in the Qur'an: 'O mankind, eat from whatever is on earth [that is] lawful and good, and do not follow the footsteps of Shaytan.' (Surah Al-Baqarah 2:168). Islam allows only what is pure, beneficial, and clean (Tayyib) and forbids what is impure or harmful. This principle aims to protect human health and dignity while maintaining spiritual purity.

Prohibited Foods and Drinks in Islam:

The Qur'an mentions specific categories of prohibited items: 1. Dead animals (carrion) – animals that die naturally without being slaughtered. 2. Blood – consumption of blood is forbidden. 3. Pork – in any form, including fat or gelatin derived from pigs. 4. Animals sacrificed to idols or other than Allah. 5. Intoxicants (alcohol and drugs) – anything that clouds the mind. 6. Predatory animals and birds of prey. 7. Food obtained through unlawful means, such as theft or cheating.

Qur'anic Verses on Prohibited Foods:

Allah says: 'He has only forbidden to you dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah.' (Surah Al-Baqarah 2:173). Another verse states: 'O you who believe! Intoxicants, gambling, sacrificing on stone altars, and divining arrows are abominations of Satan's handiwork. So avoid them that you may be successful.' (Surah Al-Ma'idah 5:90). These commands protect believers from both physical and spiritual harm.

Scientific Reason Behind Prohibition of Pork:

Pork is strictly prohibited because it carries diseases like trichinosis, tapeworms, and viral infections. It contains high levels of cholesterol and unhealthy fats, increasing the risk of heart disease. Modern research confirms that pork meat can harbor parasites even when cooked, making it unfit for consumption. Islam's prohibition protects Muslims from these health dangers.

Prohibition of Alcohol and Intoxicants:

The Prophet Muhammad ﷺ said: 'Every intoxicant is Khamr, and every Khamr is forbidden.' (Muslim 2003). Alcohol affects the brain, liver, and nervous system, leading to addiction and moral decay. Scientific studies show that alcohol damages the liver, weakens the immune system, and increases the risk of accidents and crime. Islam forbids it to preserve intellect ('Aql) and social harmony.

Prohibition of Blood Consumption:

Islam forbids consuming blood because it carries toxins and waste products filtered from the body. Scientific studies show that blood can contain harmful bacteria, viruses, and parasites. Consuming it may spread serious diseases and infections. This prohibition promotes hygiene and prevents contamination of food.

Animals Slaughtered Without Allah's Name:

Animals must be slaughtered in the name of Allah and with compassion. Saying 'Bismillah' during slaughter ensures spiritual purity and mindfulness of Allah. The Prophet ﷺ said: 'When you slaughter, slaughter in the best manner.' (Muslim 1955). Modern research shows that proper halal slaughter allows complete blood drainage, keeping the meat clean and healthy.

Prohibition of Carrion (Dead Animals):

Eating animals that die naturally or by disease is forbidden because their blood remains in the body, carrying harmful bacteria and toxins. Such meat decomposes quickly and causes poisoning or infection. Islam prohibits it to safeguard health and prevent foodborne diseases.

Prohibition of Predatory Animals and Birds of Prey:

Islam forbids eating animals with fangs or claws, such as lions, tigers, and eagles. The Prophet ﷺ said: 'Every predator that has fangs and every bird that has claws is forbidden.' (Muslim 1934). Modern science supports this by showing that carnivorous animals carry high toxin levels and parasites harmful to humans.

Prohibition of Intoxicating Drugs:

Islam forbids narcotics and substances that affect the mind or behavior. The Qur'an calls them Satan's tool to cause enmity and distraction from prayer. Drugs destroy mental health, lead to addiction, and ruin families. Modern medicine also warns that drugs damage the brain, heart, and liver.

Modern Science and Islamic Dietary Laws:

Scientific research supports Islamic dietary restrictions as healthy and preventive. Avoiding pork, alcohol, and blood prevents infections, cancer, and liver diseases. Eating halal meat ensures hygiene, mental peace, and ethical treatment of animals. Islam's dietary laws balance nutrition, spirituality, and social responsibility.

Harmful Effects of Prohibited Drinks and Foods:

1. Alcohol leads to addiction, liver failure, and depression. 2. Pork increases risks of heart disease, obesity, and parasites. 3. Drugs destroy mental stability and social relationships. 4. Blood spreads infections and toxins. 5. Carrion and unclean meat cause food poisoning and bacteria-related illnesses.

Moral and Spiritual Effects:

Consuming prohibited food or drink affects not only the body but also the soul. It darkens the heart, reduces spiritual awareness, and prevents prayers from being

accepted. The Prophet ﷺ said: 'A man who eats unlawful food, his prayers will not be accepted for forty days.' (Tabarani). Therefore, eating halal food is an act of worship that maintains purity of faith.

Summary:

Islam forbids harmful and impure foods for the protection of human health, morality, and spirituality. Modern science confirms the health risks of alcohol, pork, drugs, and blood. Following Islamic dietary laws ensures physical fitness, mental clarity, and spiritual purity. Halal food represents balance, cleanliness, and gratitude to Allah for His blessings.